Supplemental Table 2.

Summary table of articles related to cardiac rehabilitation barriers for women

REFERRAL

Study	Location	Participants	Cardiac diagnosis	Proportion women	Barriers	Facilitators	P value or CI
Mochari et al.[49] 2006	USA	304	MI, UAP, stable angina, cardiac revascularization, CABG	100%	Individuals from under-represented minority groups	[b]	P= 0.02
					Individuals from under-represented with financial barriers	[b]	P= 0.05 [c]
Stewart et al.[53] 2009	Australia	2375	MI, UAP, IHD, HF	36.72%		English as preferred language	1.31-12.43
						CABG as reason for CR referral	3.53-16.33
						PCI as reason for CR referral	3.11-12.58
						Non- Malignant cancer	0.03-0.87
						Year of hospitalization (1998-2000)	2.93-6.82

Grace et al.[43] 2008	Canada	157	ACS, PCI, CABG	100%	PCI as reason for CR referral		P <0.05
						Postgraduate or greater education	P <0.01
De Feo et al.[40] 2012	Italy	2281	CABG, Valve surgery, combined, ACS, PCI, HF, Aortic surgery, PAD, Angina, other	26.5%	CABG as reason for CR referral		P <0.01
					PCI as reason for CR referral		P <0.01
						Valve surgery as reason for CR referral	P <0.01
						CHF as reason for CR referral	P <0.001
Allen et al.[35] 2004	USA	253	MI, CABG, PCI	100%	African American	[b]	P=0.03
					Annual income < 20.000$		P=0.01
Ades et al. [34] 1992	USA	226	MI, CABG	43%	Older women	[b]	P= 0.025[c]

Missik et al.[48] 2001	USA	370	MI, Angina, CABG, PCI	100%	Lack of CR insurance	[b]	P<0.001
Plach et al.[50] 2002	USA	157	CABG, valve surgery, atrial septal defect repair	100%	Valve surgery	[b]	P<0.001
Caulin-Glaser et al.[38] 2001	USA	80	PCI, CABG	50%	Lack of written referral necessary for participation from physicians	[b]	P<0.001

[a] ACS = acute coronary syndrome; CABG = coronary arteries bypass grafting; CAD = coronary artery disease; CR = cardiac rehabilitation; HF = heart failure; IHD = ischemic heart disease; MI = myocardial infarction; PAD = peripheral artery disease; PCI = percutaneous coronary intervention; UAP = unstable angina pectoris.
[b] No significant facilitator reported.
[c] P value after baseline differences among participants were controlled for.

ENROLLMENT

Study	Location	Participants	Cardiac diagnosis	Proportion women	Barriers	Facilitators	P value
Grace et al.[18] 2009	Canada	1496	CAD, PCI, CABG, Valve repair	28.74%	Transportation issues	[b]	P <0.05
					Numerous family responsibilities		P <0.05
					Lack of CR awareness		P <0.05
					Perception of exercise as being tiring or painful		P <0.01
					Multimorbidity		P <0.01
Chamosa et al.[39] 2015	Spain	756	MI, ACS, Angina	16.4%	Previous myocardial infarction	[b]	2.53-11.81
Grace et al.[43] 2008	Canada	157	ACS, PCI, CABG	100%		Greater exercise participation as measured by HLPLII score	P <0.01

					Higher exercise barriers as measured by the EBBS score		P <0.05
Sanderson et al.[52] 2010	USA	131	MI, stable angina, revascularization	100%	Education level ≤12 years		P =0.016
					Lack of strong endorsement to attend to cardiac rehabilitation		P =0.04
						Likelihood to attend CR [c]	P= 0.048
Dunlay et al.[41] 2009	USA	179	MI	34.1%		Obesity/higher BMI	P=0.028
					Diabetes not a significant barrier for women, (but significant for men)		0.36-3.29
Wieslander et al, [54] 2005	Sweden	240	MI	100%	Lack of professional support between baseline and 4 years after MI	[b]	P=0.024
					Lack of general support between 1		P=0.001

					year and 4 years after MI		
Allen et al.[35] 2004	USA	253	MI, CABG, PCI	100%	African American	[b]	P=0.03
					Annual income < $20.000		P=0.01
Lieberman et al.[44] 1998	Canada	190	MI, CABG	38.9%	Concomitant illnesses		P<0.05
						Attention to health promotion	P<0.01
						Children	P<0.0001
Worcester et al.[55] 2004	Australia	808	MI, CABG, PCI	30%	Over 70 year old	[b]	P=0.006
Missik et al.[47] 1999	USA	370	MI, Angina, PCI, CABG	100%	No significant differences for perceived social support and self-esteem[c]		P= NS
Plach et al.[50] 2002	USA	157	CABG, valve surgery, atrial septal defect	100%	No significant differences in terms of type of surgery or age group		P=NS

			repair				
Gallagher et al.[42] 2003	Australia	196	MI, CABG, Angina, PCI	100%	Over 70 years old, followed by women aged <55 years	[b]	1.10 – 2.70
					Unemployed		0.07-0.58
					Home related stress		0.06-0.73

[a] ACS = acute coronary syndrome; BMI = body mass index; CABG = coronary arteries bypass grafting; CAD = coronary artery disease; CR = cardiac rehabilitation; EBBS = exercise benefits and barriers scale; HLPII = health-promoting lifestyle profile II; MI = myocardial infarction; PCI = percutaneous coronary intervention.
[b] No significant facilitator reported.
[c] Multivariate regression model.

COMPLETION

Study	Location	Participants	Diagnosis	Proportion women	Barriers	Facilitators	P value
Marzolini et al.[45] 2008	Canada	5922	CAD	18.39%	Multimorbidity	[b]	P <0.01
					Musculoskeletal issues		P =0.01
					Transportation problems		P <0.01
					Numerous family obligations		P =0.01
					< 55 years of age		P <0.005
Sanderson et al.[51] 2005	USA	228	CHD with ischemic cardiac diagnosis	100%	Obesity/higher BMI [c]	[b]	P=0.01
					Depression measured by the BDI-II score [c]		P<0.01
Beckie et al.[27] 2010	USA	252	MI, angina, CABG,PCI	100%	Anxiety as measured by STAI-S score	[b]	P<0.5
					Current smoker		P<0.5
					Divorced/separated		P<0.5
Armstrong et al.[36] 2014	Canada	8582	MI, PCI, CABG, HF, other CAD	26.82%	Diabetes	[b]	P < 0.01

Casey et al.[37] 2008	USA	600	CHD, angina, HF, MI, CABG, heart valve surgery, PCI or heart transplant	30%	Interactions of depression and gender, age and gender and depression, age and gender did no predict completion	[b]	P=0.42 P=0.34 P=0.18
Mikkelsen et al.[46] 2014	Denmark	412 (2009) 460 (2011)	MI, PCI, CABG	31.8% (2009) 28.7 (2011)	Long distance between cardiac rehabilitation program and place of residence	[b]	P<0.05
					Transportation problems		P<0.05
Worcester et al.[55] 2004	Australia	808	MI, CABG, PCI	30%	Physically inactive prior to CR	[b]	P=0.073
Missik et al.[48] 2001	USA	370	MI, Angina, CABG, PCI	100%	Lack of history of CHD	[b]	P=0.002
					Lack of CR insurance		P=0.006

[a] ACS = acute coronary syndrome; BDI-II = beck depression inventory-II; CABG = coronary arteries bypass grafting; CAD = coronary artery disease; CHD = coronary heart disease; CR = cardiac rehabilitation; HF = heart failure; MI = myocardial infarction; PAD = peripheral artery disease; PCI = percutaneous coronary intervention ; STAI-S = state - trait anxiety inventory.
[b] No significant facilitator reported.
[c] After multivariate regression model.